



**April
2016**

Pullman Senior Citizen's Association

325 SE Paradise Street, Pullman, WA 99163 ~ 509-338-3307

Mark Your Calendars

Wii Bowling.....	Apr 18,25
Birthday Party	Apr 01
WSU Student Athlete Game Days.....	Apr 4,11
Beauty & The Beast.....	Apr 06
Sandhill Crane Festival.....	Apr 07
Moscow Shopping	Apr 07
Ole Time Fiddlers	Apr 11
Potluck & PSC Association Meeting	Apr 12
Skagit Valley Tulip Festival.....	Apr 13-15
COA & Chore Meetings	Apr 14
Kitchen Band	Apr 15
Bingo	Apr 15
Blood Pressure	Apr 18
Asotin Museum & Hells Gate.....	Apr 19
Red Hat Day	Apr 21
PSC Supper Club	Apr 21
WSU Retirees.....	Apr 26
Summer Brochure Registration	Apr 27
Davenport Hotels Tour	Apr 28
Cribbage Day.....	Apr 29

A note from Steve



Both of our Winter/Spring overnight trips (the Tulip Festival and the Pendleton Underground) are FULL. I am currently accepting waitlist only for both of them.

Two additional trips with Hillyard Senior Center have been added: Portland Rose Festival & Mt. Rainier fro June 10-13, and Gems of Vancouver B.C. from September 27-30 (details on page 3).

The Parks & Recreation Summer Brochure will be distributed by April 22. Don't procrastinate! Register early!

AARP DRIVER'S SAFETY CLASSES

May 17 and 18
9:00am-1:00pm

Refresh your driving
skills and **SAVE MONEY**
on your insurance!

Call Arnie Lee to register
at 208-301-8844

\$15 AARP Members
\$20 Non-Members

GAME DAYS with WSU Athletes

April 4 and 11 at 12:30pm

It is all about having fun! WSU Athletes want to interact with members of our center, and this will be an opportunity for seniors and students to enjoy playing games after the lunch program. Some of the possible games will be: Bridge, Hand & Foot, Dominoes, Cribbage, Monopoly, Scrabble, Yahtzee, Sequence, Rummy Royale and more. Don't miss out on this unique activity!



April Menu

Sponsored by the
Council on Aging



- Apr 01 Baked ham w/pineapple, scalloped potatoes, green beans, birthday dessert.
- Apr 04 Spanish meatballs, rice, California blend vegetables, citrus fruit blend, dessert.
- Apr 08 Hot turkey sandwich, cauliflower mashed potatoes, roasted carrots, peaches, dessert.
- Apr 11 Corn chowder, toasted chicken sandwich, green salad, fruit, lentil brownie.
- Apr 15 Sweet & sour chicken, brown rice, Asian style vegetables, pear halves, chocolate zucchini cake
- Apr 18 Kielbasa w/sauerkraut, potatoes, peas, carrots, fruit, pudding.
- Apr 22 Baked 4-cheese ziti, Caesar salad, garlic bread, fruit, dessert.
- Apr 25 Cobb salad, fresh fruit, wheat roll, dessert.
- Apr 29 Homemade pizza, green salad, bread stick, fruit, ice cream sundae

(Note: Menus are subject to change without notice)

Lunch Costs: 60 yrs and older—Suggested cost is \$4.25
Under 60 yrs—meal charge is \$6.50

February Birthdays!



Bev Dow..... April 05

Dorothy Waelti April 06

Marsha Olsen..... April 09

Joanne Worthy..... April 10

Max Huffaker April 12

Nancy Holland April 14

Betty Bienz April 15

Roberta Etcheverry April 15

Gloria Fischer April 15

Ruth Self April 18

Janet Brandt..... April 20

Helen Leguis April 20

Margaret Vogt April 21

Gary Intermill..... April 24

Zheng-min Dong April 28

Anne Haugen April 28

Celebrate with us on April 1!

April Birthstone: Diamond symbolizes affection, strength, eternity, and of course everlasting love.

April Flower: Daisy symbolizes cheerfulness, innocence, purity, and beauty.

The Gems of Vancouver B.C. September 27-30, 2016

We are joining the lively members from Hillyard Senior Center on this tour to Canada. The list of activities include: Leavenworth, Outback Kangaroo Farm, Stanley Park, Grouse Mountain, Lumberjack show, Birds in Motion exhibition, Wildlife refuge with grizzly bears and timber wolves, and a unique Theatre; 4-hour city tour that includes: Queen Elizabeth Park, and Bloedel Conservatory (exotic plants and over 200 unique birds); Chinatown; Gastown, Granville Island for shopping and lunch at one of the many luscious waterfront restaurants!

Also, in Bellingham, we will see the Chukanut Bay Gallery and Sculpture Garden. Nice accommodations in 3-4 star hotels with most breakfasts complimentary. Everyone **MUST** have either a passport or enhanced driver's license. If more than 30 registrants, we will use a 47 passenger bus, if less, we will use vans.

Cost:

Double: \$595.00 plus tax

Single: \$795.00 plus tax

(Balance to be paid by July 29)

Deposit: \$200.00



Bingo Friday, April 15, at 12:30

Join us at the Senior Center after lunch
for a fun-filled afternoon playing Bingo.

Bishop Place will be our event sponsor
and providing our prizes each month.

We appreciate their support!

Welcome our newest members!

Jodi Jones

Jim Longstreet

Bob Olsen

Marsha Olsen

Special Notes

- Registration for summer trips begin April 27.
One can sign up at:
Senior Center (509-338-3307)
Parks & Recreation Office (509-338-3227)
Online at: ***PullmanParksandRec.com***
- **We need to be notified!** If you change your address or are temporarily out of town, please let the Senior Center know. We are changed for all returned newsletter. Thank you.

April Meetings

PSCA Potluck..... Tue, Apr 12 at 12:15pm

PSCA Membership Meeting Tue, Apr 12 at 1:00pm

COA Meeting Thu, Apr 14 at 1:30pm

Chore Service Meeting Thu, Apr 14 at 2:30pm

Red Hats Thu, Apr 21 at 10:30am

WSU Retirees Thu, Apr 26 at 1:30pm

April Trips & Activities

Beauty and The Beast @ INB Theatre

This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. Experience the romance and enchantment of this Disney smash hit. Dinner before the show at Europa. Home pick-up begins 1 hour prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal is on your own. **Register by: April 1. No refunds, as tickets are pre-purchased.**

Location: Spokane, WA Min 8/Max 18
Tuesday, April 5 3:30pm-11:30pm
Resident: \$67/N-Resident: \$69

Asotin Museum & Hells Gate State Park

We will first visit the Asotin Museum and enjoy lunch at Matt's Grill in Asotin. We continue on to Hells Gate State Park in Lewiston and tour both the Lewis & Clark Discovery Center and the Jack O'Connor Hunting Heritage and Education Center. Home pick-up begins 1 hour prior to scheduled departure. Fee includes: admissions, escort, and transportation. Meal is on your own. **Register by: April 15.**

Location: Asotin, WA and Lewiston, ID Min 8/Max 18
Tuesday, April 19 9:00am-5:00pm
Resident: \$18/Non Resident: \$20

The Davenport Hotels Four Tour

Since Walt & Karen Worthy restored the original Davenport Hotel, they have continued to develop the downtown area with the Davenport Lusso, The Davenport Towers, and the Davenport Grand hotel. You will learn all about them as we tour two in the morning and two in the afternoon. Lunch will be at the Safari Room. Home pick-up begins 1 hour prior to scheduled departure. Fee includes: tour, escort, and transportation. Meal is on your own. **Register by: April 22.**

Location: Spokane, WA Min 8/Max 18
Thursday, April 28 8:30am-5:00pm
Resident: \$18/Non Resident: \$20

Newsies @ INB Theatre

Direct from Broadway, this musical is filled with one heart-pounding number after another. This production is a "high-energy" explosion of song and dance about underdogs who become unlikely heroes, in a rousing tale of fighting for what's right. Lunch before the show at The Onion. Home pick-up begins 1 hour prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal is on your own. **Register by: April 29. No refunds, as tickets are pre-purchased.**

Location: Spokane, WA Min 8/Max 18
Thursday, May 5 9:30am-6:00pm
Resident: \$69/N-Resident: \$71

Register by calling 509-338-3307 or 509-338-3227

Pullman Regional Hospital, Summit Therapy & Health Services Activities
Call Noel at 509-336-7404 to Register for FREE

- **Navigating Healthier Lives** Friday, April 8, 12:30pm Conf. Rooms C/D
Noel K. Nicolai, Ph.D., Education, Pullman Regional Hospital
- **Exercise and You** Friday, April 15, 12:30pm Conf. Rooms C/D
Carrie Coen, Director of Summit Health & Therapy
- **Importance of Good Sleep** Friday, April 22, 12:30pm Conf. Rooms C/D
Leslie Robinson, Ph.D., Psychologist, Pullman Regional Hospital
- **Healthy Eating & Hydration** Friday, April 29, 12:30pm Conf. Rooms C/D
Marilyn Burch, RD, CD and Melissa Francik, CD, RD, Nutrition Therapy, PRH
- **National Healthcare Decision Day** Friday, April 15
8:00-10:00am: Avalon Care Center 1:00-3:00pm: Whitman Senior Living
10:00am-12:00pm: Bishop Place 3:00-5:00pm: PRH Conf. Rooms C/D

Shopping in Moscow

Thursday, April 7

Palouse Mall

Leave City Hall at 10:00am

Home pick-ups begin at 9:00am

Lunch is on your own

Sign-up in the Senior office

Transportation Cost is only

R-\$4.00/NR-\$6.00

PSC Supper Club

Thursday, April 21

In Lewiston

Meriwether's

Leave City Hall at 4:30pm

Home pick-ups begin at 3:30pm

Sign-up online or in the Senior office

Transportation Cost is only

R-\$5.00/NR-\$7.00

Birthday Party

"Win a Free Day Trip"

Friday, April 1

~ After COA Meal ~

Special Thanks to: Whitman Senior Living
for sponsoring our birthday prizes

Come celebrate with us

& join the fun!

Sponsored By:  **WHITMAN**
SENIOR LIVING COMMUNITY

AARP TAX-AIDE

AARP Tax-Aide helps seniors prepare their income tax and get the deductions and credits they deserve. The final days for this **FREE** service will be **April 7 & 14**. It will be offered on a "first come, first serve" basis and is held from **9:30am-2:00pm**.

For more information, contact Randy Baukol at 208-882-5406.

PULLMAN SENIOR CENTER
325 S.E. Paradise Street
PULLMAN, WA 99163

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**SENIOR
ASSOCIATION**

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PULLMAN SENIOR CENTER INFORMATION

Senior Program Coordinator

Steve Bell at 509-338-3307 (has voicemail)
Email: steve.bell@pullman-wa.gov

Location & Mailing Address:

325 SE Paradise, City Hall, Pullman, WA 99163

Lunch Pick Up and Shopping

Call Angie Bauer at 509-332-1933 from 9:00-10:00am to sign up.

Senior Center Van Driver

Rick Stephens, Cell: 509-595-3879

Pullman Senior Citizens Association & Senior Center

For information about the Pullman Senior Citizens Association, the Senior Center, the newsletter, programs, trips or other senior services, please call (509) 338-3307. Membership dues are just \$15/single and \$25/couple annually.

Senior Citizens Mission Statement

Our purpose is to promote the social, cultural, spiritual, economic, physical, and mental well-being of the citizens of the community with particular attention to the older age group.